



Coed Ultimate Frisbee Handbook

Updated – 6/21/2018
Changes Marked In Yellow

VISION STATEMENT:

Contribute to making Eau Claire a vibrant and healthy community.

MISSION STATEMENT:

To provide exceptional park, recreation and forestry services that will enrich our citizens and visitors.

CORE VALUES:

Accountability - To maintain open relationships with the community.

Responsive - To provide for the needs of others.

Ingenuity - To be innovative and creative.

Professionalism - To be qualified and prepared to work.

Honesty - To be open and transparent.

Health - To provide quality opportunities for physical fitness and activity.

Environmentalism - To provide healthy spaces and places.

Security - To enforce rules fairly and consistently.

Safety - To minimize accidents.

Explorative - To learn new ways to enhance services.

ADULT SPORTS MOTTO:

Have fun...play hard...respect one another.

Eau Claire Parks, Recreation & Forestry
915 Menomonie Street, Eau Claire, Wisconsin 54703
715-839-5032 (Phone) - 715-839-1685 (Fax) - 715-839-2913 (Cancellation Line)
<http://www.eauclairewi.gov/departments/recreation-services>



LEAGUE INFORMATION

- 1. Structure:** Every attempt will be made to have divisions with six or eight teams depending on the availability of facilities. The final decision on league placement is the responsibility of the ECPRF Office.
- 2. Contact:** Eau Claire parks, Recreation, and Forestry Adult Sports leagues are managed by:
Julie Booth, Program Supervisor
715-839-5032 ECPRF Office or 715-839-4771 Direct
Julie.Booth@EauClaireWi.Gov
- 3. Fees and Registration:** All league fees must be paid by the prescribed deadline. Team Roster Forms will not be accepted at the playing site. Please turn in at the Parks and Recreation Office or in person, via email, or fax.
- 4. Eligibility:** Each player must be at least 18 years of age in order to participate and must be listed on and sign his/her team's official roster. Falsifying any player information on the official team roster will result in the team's forfeiture of any game in which the player in question participated and that player will be ineligible for participation for the remainder of the season.
 - a. Players may only play in one team per division.
 - b. Players may play in more than one division, but may not play in two divisions that compete on the same night of the week.
 - c. Entire teams may play together in only one league per season.
- 5. Team Composition:** Teams will consist of 7v7 play. A minimum of 5 players are required to start the game. Pods include 7-10 players. A minimum of two (2) females is required on the field during live play at all times. If a team does not have two (2) female that team must play one (1) player down. For example, if team A has 5 males and 2 females and Team B has 6 males and only 1 female. Team B must play with 6 players.
- 6. Default:** If a manager is aware that his/her team will not be able to play in a scheduled game, that manager should call the ECPRF Office and the opposing manager to notify them of such. This is a courtesy which may allow other scheduled games to be moved to an earlier time slot.
- 7. Multiple Forfeits:** A team with three forfeits will be released from league play indefinitely. The remainder of their games will count as wins for their opponents.
- 8. Roster Additions:** Teams may add new players to their official rosters through the first half of the season. New players may not participate in games until they are added to their teams' official rosters. If a player cannot continue participating due to injury, sickness, change in work conditions, or moving out of the area, that player's team may add another player to replace the leaving player at any point in the season.
- 9. Changing Teams:** Players may change teams only once and only during the first half of the season. If a team disbands during the season, its players may join other teams, pending the approval of all managers within the divisions in which those players desire to participate.
- 10. Leaving at Team:** Any player who has been available to play, and has not been allowed to take part in four consecutive games, is entitled to his/her release, requesting such from his/her manager. That player may then join another team, if he/she is released during the first half of the season.

FACILITIES AND EQUIPMENT

1. **Game Site: Spring and Summer** games will be played at Carson Park Football field using a full sized Ultimate field (40 x 110 yards). The Fall season will be played at a site TBD.
2. **Frisbees:** Teams may furnish their own frisbee or utilize equipment provided by ECPRF. If a team wants to use their own frisbee, it must be approved by the opposing team.
3. **Shoes:** Each player must wear shoes. Tennis/running shoes and rubber molded cleats are permitted. **NO METAL CLEATS ALLOWED ON THE TURF!**
4. **Pads/Braces:** No pads or braces may be worn above the waist. Leg and knee braces made of hard material must be covered on both sides and all edges with appropriate slow-recovery padding.
5. **Jewelry:** No jewelry may be worn. Jewelry must be removed before the participant will be allowed to participate. Medical alert bracelets and religious ornaments such as wedding bands are permitted.

PLAYING THE GAME

1. **Governing Rules:** The rules, guidelines, and restrictions adopted by the USA Ultimate will govern all play each season (except where otherwise noted). Where rules adopted by the ECPRF Office conflict with USA Ultimate rules, the ECPRF's rules will prevail.
2. **Guidelines:** The Eau Claire Parks and Recreation, with assistance from the participant group, reserves the right to interpret any and all rules and situations and further reserves the right to insert, delete or change rules at any time and make retroactive decisions should it be deemed necessary for the benefit of the league, or participant safety
3. **Length of the Game:** Each game will consist of 60 minutes with a "soft" time cap. **The time will be set for 30 minute halves.** If a team can start a point or is currently playing a point at this time cap, that final point will be played out.
4. **Half-Time:** **A three minute half time will occur when 30 minutes of play is reached, or at 30 minutes if between points.** This is a "soft" timing regulation and may be adjusted if a point is currently being played. The team who scored last prior to half time will "pull" after switching sides from where they started.
5. **Mercy Rule:** **If a team is ahead by 10 points at any time during the game, that team will be declared the winner and the game will be over.**
6. **Time-Outs:** Each team will receive 2, 1 minute time-outs per game. Time-outs may be called by any player on the field whose team is in possession of the disc. The clock will continue to run during that one minute time-out period. The teams must monitor the clock and resume play at the conclusion of the 1 minute time-out.
7. **Ties / Overtime:** **In all games tied at the end of regulation time of 60 minutes and there is a tie, another "universe point" will be played.** The next team that scores shall be declared the winner.
8. **Time to Pull:** Following a score the scoring team has 90 seconds to pull the disk to the other team.

9. **The Field:** A rectangular shape with end zones at each end. A regulation field for the spring is will be 70 yards by 25 yards, with end zones 20 yards deep. There will be a buffer zone between the two fields of 1.5 yards approximately. Cones will be placed on the far sideline.
10. **Initiate Play:** A “disk flip” will take place to determine which team will have the choices. The winner of the “disk flip” shall choose the side they wish to receive the disk or the option to throw or “pull” the disk. Each point begins with both teams lining up on the front of their respective end zone line. The defense throws (“pulls”) the disc to the offense. A regulation game has seven players per team.
11. **Pull Out of Bounds:** If an initial throw or pull goes out of bounds the disk will be awarded to the receiving team on the horizontal line of play adjacent to where the disk went out. If this point is beyond the receiving teams 15 yard line the receiving team will use their horizontal 15 yard line to begin play.
12. **Scoring:** Each time the offense completes a pass in the defense's end zone, the offense scores a point. Play is initiated after each score.
13. **Movement of the Disc:** The disc may be advanced in any direction by completing a pass to a teammate. Players may not run with the disc and make a distinct effort to stop their momentum as soon as possible. Once the thrower’s feet are planted they may only pivot on their established pivot foot. The thrower then has ten seconds to throw the disc. The defender guarding the thrower (“marker”) counts out the stall count.
14. **Change of Possession:** When a pass is not completed (e.g. out of bounds, drop, block, interception, stalled), the defense immediately takes possession of the disc and becomes the offense.
15. **Substitutions:** Players not in the game may replace players in the game after a score and during an injury timeout.
16. **Non-contact:** No physical contact is allowed between players. Picks and screens are also prohibited. A foul occurs when contact is made.
17. **Fouls:** When a player initiates contact on another player a foul occurs. When a foul disrupts possession, the play resumes as if the possession was retained. If the player committing the foul disagrees with the foul call, the play is redone. Once a foul is called, players must maintain their current position without moving.
18. **Self-Officiating:** Players are responsible for their own foul and line calls. Players resolve their own disputes.
19. **Spirit of the Game:** Ultimate stresses sportsmanship and fair play. Competitive play is encouraged, but never at the expense of respect between players, adherence to the rules, and the basic joy of play.

SCHDULES AND STANDINGS

- 1. Schedules:** Game schedules will be available one week prior to each session's starting match. Games are scheduled by the Recreation Aide. Schedules and team listings will be emailed to participants, published on our website, and made available onsite.
- 2. Standings:** All schedules, standings, and scores can be found at www.eauclairewi.gov/athletics. Updated information will be posted on the website weekly. Standings and scores will be published and distributed weekly.
- 3. Champions:** The season champions will be determined by results of each session of play: wins, losses, head-to-head, points allowed, and points scored. All other play-off scenarios that occur will be treated on a case-by-case basis by the league director. If time allows, an end of season draw playoff may be scheduled. This depends on weather and facility availability.
- 4. Weather Cancellations:** Call 715-839-2913 for information regarding weather cancellations. The weather hotline is a recorded message. Updates are made as necessary and only in the event of cancellation. It is every player's responsibility to call the weather hotline for cancellation information.
- 5. Postponed Games:** Games postponed due to inclement weather will be rescheduled by the ECPRF Office. The field supervisor assigned to each game field will be responsible for determining whether or not a game must be postponed due to inclement weather. Teams are expected to report as scheduled unless notified otherwise.
 - If a game is into the second half of play and postponed due to inclement weather, it will be considered a full game for standings.
 - If a game is postponed during first half due to inclement weather, that game and all other games at that field for the remainder of that night will also be postponed.
- 6. Staff's Discretion:** If teams are unable to start their game on time due to ongoing heavy rain, the official will wait up to 20 minutes for the rain to sufficiently subside. If it does not, the official will then postpone the game. The game will be rescheduled by the ECPRF Office at a later date.
- 7. EAU CLAIRE PARKS AND RECREATION LIGHTNING POLICY:** If a game cannot begin or is suspended due to lightning, the umpire must follow the prescribed criteria set by the Eau Claire City Council. (Note: These are the same criteria as recommended by the Wisconsin Interscholastic Athletic Association). Criteria for suspension and resumption of an event, athletic games or contest, swimming at Fairfax Pool or any other activity being hosted by Eau Claire Parks, Recreation and Forestry Department:
 - When thunder is heard, or lightning is seen, the thunderstorm is close enough to strike your location with lightning. Suspend play, activity or event and take shelter immediately. This includes players, fans, patrons and ECPR employees.
 - Thirty-minute rule. Once play, activity or event has been suspended, wait at least 30 minutes after the last thunder is heard or flash of lightning is witnessed prior to resuming play, activity or event.
 - Any subsequent thunder or lightning after the beginning of the 30-minute count, reset the clock and another 30-minute count should begin.
- 8. Disbanded Team:** If a team disbands, the wins and losses they earned will remain as they are in league standings. The remainder of that team's games will be forfeited, counting as losses for them and wins for their opponents.

GENERAL POLICIES

1. **Blood Rule:** A player who is bleeding or who has blood on his/her clothes should refrain from further participation in the game until appropriate treatment can be administered.
2. **Code of Conduct:** Eau Claire Parks, Recreation and Forestry adult sports leagues are intended to be recreational activities. Reasonable and appropriate behavior and sportsmanship is expected at all times from participants and spectators. A violation of this code of conduct includes, but is not limited to:
 - a. Use of obscene language or gestures
 - b. Disorderly conduct
 - c. Theft
 - d. Public intoxication or use of drugs (in such a manner that he or she does not have complete control of his/her faculties and is inclined to hurt himself/herself or others)
 - e. Sexual misconduct
 - f. Indecency
 - g. Harassment
 - h. Failure to cooperate with staff
 - i. Possession of weapons of any kind
 - j. Non-compliance with established policies, rules, and regulations
 - k. Unlawful activity
 - l. Any other behavior deemed offensive or unacceptable
 - m. Note: Either the supervisor on duty or the referee may terminate the game at any time due to conduct or actions of either team or its supporters if the referee deems that such conduct or actions are detrimental to the game
3. **Alcohol Policy:** Alcohol may not be brought into or consumed in or on grounds of the Soccer Park, any UWEC or Eau Claire Area School District Facility. Any player appearing to be playing under the influence of alcohol or drugs in such a manner that he or she does not have complete control of his/her faculties and is inclined to hurt himself/herself or another player will be asked to leave.
4. **Tobacco Policy:** All tobacco products are not permitted within the confines of the playing area.
5. **Eligibility Protest:** If a manager suspects that the opposing team is utilizing players that are not included on that team's official roster, he/she may protest the participation by such players.
 - a. The manager should raise the protest before or during the game in question, by notifying the official and marking the player(s) in question on the official scorecard.
 - b. The ECPRF and official will attempt to resolve the protest as quickly as possible, ideally during the game in question. If the issue cannot be resolved on site at time of protest between managers, it will be resolved within one business day of the completion of that game by the ECPRF Office.
 - c. If a player is deemed illegal, the team utilizing such a player will forfeit any games in which that player participated.
 - d. Any such protest may be initiated only by a manager.

Thank you for choosing Eau Claire Parks, Recreation & Forestry's

Coed Ultimate Frisbee League

If there is anything we can do to improve your experience, please do not hesitate to

Contact Julie.booth@eauclairewi.gov.